



NOURISH TO FLOURISH

To celebrate Nutrition Month, try out some of these ideas to help you *Nourish to Flourish*, or add your own ideas to the list below!

- Share a meal with someone
- Visit the market or buy local food
- Cook with your kids/grandkids
- Enjoy a food you haven't had since you were a child
- Post a positive self-affirmation on your mirror or fridge
- Learn about food insecurity
- Make a dish you haven't had in a while
- Learn about a food tradition from your culture
- Borrow a cookbook from the library
- Try out a new mealtime conversation starter ([LINK](#))
- Learn about traditional harvesting
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- Try a new recipe
- Commit to avoiding diet talk
- Eat a food simply for pleasure
- Take a cooking class or watch a video tutorial
- Bring a food/dish to a neighbour
- Grow an edible plant in your windowsill at home or work
- Have a potluck dinner with friends or family
- Eat at a restaurant you haven't tried before
- Use a kitchen appliance you haven't used in a while
- Try a recipe or food from a different culture
- Try a new fruit or vegetable
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